

# Wild Yoga for Kids

## BOAT

From laying down:

- Lie on your belly, forehead on the floor, arms at your side, palms turned up.
- Relax for a couple of breaths, let your attention turn inward
- Slowly and with control, lift your head, chest, arms and legs up at the same time.
- Look slightly down to keep your neck in line with your spine.
- Hold for 1 or 2 breaths and slowly lower back to starting position.
- Turn your head to one side and rest on the side of your face.
- Let your body relax for several breaths.
- Repeat if your body would like to, alternating the side of the face you rest on.
- Equalize in Child's pose.



Benefits: strengthens back, stretches arms and chest. Backbends in general promote feelings of well-being and happiness. Strengthens and tones the legs.